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Ghost walks return to Haliburton and Minden

Why is there a park in Haliburton named after an Alabama clockmaker? Which is the most haunted house in Minden? How do you escape from the vicious Sidehill Gouger? Where are the lumberjacks' bodies secretly buried, and who put them there?

The Haliburton and Minden Ghost Walks are back in action this season, with local writer Douglas Pugh narrating tales of local history, local myth, curious fact and maybe a sprinkle of dramatic fiction. The events are taking place weekly in both towns, sponsored by local genealogy company WeGoBack.

Pugh, an engaging performer at many poetry events in Haliburton County, has trod these paths before and the hugely popular walks have drawn tourists and locals alike in significant numbers over the past few years. Recognizable by his distinctive eye patch, Pugh knows where the hauntings happen and the dead turn uneasily in their sleep.

Tickets for this year's Ghost Walks are on sale in Haliburton at Heritage House Café on Pine Street (starting point for the walk) and Master's Book Store, and in Minden at the newly opened Wall Flower Studio (next to Grill on the Gull). These walks are a superb hour-and-a-half's informative entertainment. Tickets are $10 for adults and $5 for children, with the Haliburton walks being held on Wednesday evenings at 6:30 p.m. (with one Friday exception) and on Thursdays in Minden, starting at the River Cone parking lot, throughout July and August.

Above, leading ladies Prunella, left, and Vampira take a group of haunted souls on a ghost walk through Minden in this file photo. / Angelica Blenich Staff

Guide to Summer Fun in the Haliburton Highlands
Summer Guide
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Haliburton Highlands Museum

Sat. July 5th, 2014 at 7:30 pm

$25.00

Tickets (cash only please) available at:

Canoe FM: 705-457-1009

Organic Times, Minden: 705-286-1424

Haliburton Highlands Museum: 705-457-2760

Net proceeds to the Haliburton Highlands Museum

County Life is online at haliburtonecho.ca

Cruising has become popular travel option for families

Linda Coneybeare

Travel Plus Branch Manager

This is a joint column with Machenzie, as we have both been travelling lately.

I have returned from my long weekend in Washington, D.C. and it was wonderful.

Chloe, Tae-Min and I flew Porter Airlines from the Toronto Island Airport. What a great airline – from the complimentary cappuccino to the quick customs clearance upon our return, it was a wonderful experience. The one drawback for us in Haliburton is – what to do with our car, as parking at Billy Bishop airport is limited and expensive. We solved this problem by leaving my car at my sister's apartment in Toronto and staying overnight at the classic Royal York hotel. Porter provides a free shuttle bus to the airport from right across the street.

In Washington, after navigating the bus transfer from Dulles, and the Washington Metro we checked in at the elegant Loews Madison hotel – right across the road from the *Washington Post* – where the Watergate stories were written by Woodward and Bernstein.

It was a short walk to the White House and Washington Monument. However, why walk when the hotel's personalized Fiat 500 would drive you for free? We took that opportunity to be driven to the Smithsonian museums, as well as the Lincoln Memorial, Vietnam Wall and Arlington Cemetery.

The highlight of my visit to the Museum of American History was for sure seeing Julia Child's kitchen. I was inspired to leave a pound of butter in her honour, a la *Julie and Julia*, but I did not.

I also made sure I saw the Inaugural Gowns displayed at the Smithsonian. Tae-Min walked through that section pretty quick, but he was excited to see the very first Ford Mustang that had been displayed at the 1964 World's Fair (my brother John could tell me the exact date). It was a pretty cool car after all. Would Steve McQueen drive anything not cool?

Also at this museum, we could stand at a Presidential podium and insert ourselves into a virtual inaugural speech (guess which president I chose).

The Smithsonian museums are all free of charge – what a wonderful gift to all visitors to the city.

Of course our trip to Washington had to include the visit to Arlington and our respectful visit to the gravesites of JFK, Bobby, Ted, and a memorial Joe Kennedy Jr, who was killed in action in the Second World War.

Chloe and Tae-Min expected no less and actually told me that I dazzled them with my knowledge of the Kennedys. Always nice to impress your child, right?

We also discovered that the many fast food outlets are banned in the historical city centre but food trucks are not. What a great variety to choose from. I also found a Macy's that was walking distance from the hotel (which is always a good thing).

We enjoyed two wonderful dinners with Tae-Min's parents and aunt and uncle. It was great to have this family reunion.

I definitely will return to this great city, but in the meantime look forward to my week in Prague in late June.

Now Machenzie is just back from a week on the Oasis of the Seas and will tell you about her week at sea.

Machenzie here! I just returned home from a week long cruise on the Royal Caribbean Oasis of the Seas which happens to be the biggest ship in the world with a guest capacity of 5,400 and crew members of 2,100. I took part in an annual Transat Cruise Academy held every year aboard the Oasis of the Seas, the entire week is dedicated to learning about 13 different cruise line partners including River cruises.

The main objective of the cruise academy is to learn what the right ship is for our clients, asking the right questions and to qualify everyone to ensure they will be sailing on the right ship. With hundreds of ships sailing around the world there is always something for someone, whether it is a three-night cruise to the Bahamas with Carnival, a 14-night Mediterranean luxury cruise with Celebrity, or a 120-day "Grand Voyage around the World" cruise with Holland America.

Cruising is becoming very popular as people have discovered that most ships are rated as four or five stars. They offer excellent food with lots of variety, lots and lots of activities during the day and nightly entertainment, not to mention you get to explore multiple countries and enjoy local tours of excursion in those new destinations. Or you can just kick back with a book and relax at the beach if you would prefer.

Cruising is becoming a popular option for multi-generational families, groups, singles, couples and even weddings – yes that's right I said weddings at sea. Depending on the cruise line you can have a legal ceremony on the ship by the captain or a symbolic ceremony on the ship, at a port of call such as a beach in Antigua or a waterfall in La Romana. The neatest place we heard someone has gotten married was actually atop an iceberg in Antarctica in which they were flown in with a helicopter from the ship!

A cruise group is considered eight cabins or smaller ships such as AMA offers five cabins as a group. So if you travel every year and would like to try and plan a group departure we would be more than happy to assist you as group rates are offered and we can now book cruises until April 30, 2016.

River cruising is also becoming extremely popular for those who are looking for a more intimate experience. For example, Uniworld has a maximum passenger capacity of 158 guests! With river cruising you are always doing to be docked in the heart of the city giving you a real opportunity to get out and explore. Uniworld has adopted the idea of becoming an "all inclusive" type of vacation meaning everything is included from shore excursions, gratuities, beverages and so much more.

Next month Machenzie will tell you about wonderful Europe as she is off again. This time to Greece with Transat Holidays!

I will be in Prague right after she gets back.

Get to know

Haliburton Family Businesses

V & S: Haliburton's Department Store

When Andy Glecoff and family came to Haliburton in 1995 the store they purchased was already a community icon. Then, it was known as Stedman's. Now it's V & S Department Store, though locals still call it Stedman's.

If you've been inside, you know his family and staff built the business well.

"It is a full-line department store," he says. "People are always amazed what we carry here. Often they come in looking for one item and leave with several."

The Haliburton V &S is a privately-owned, family business staffed by 5 Glecoff's and a team that Andy is very proud of.

"We have a very knowledgeable staff; every one has worked here for 10 years or better," he says. "They excel at customers satisfaction."

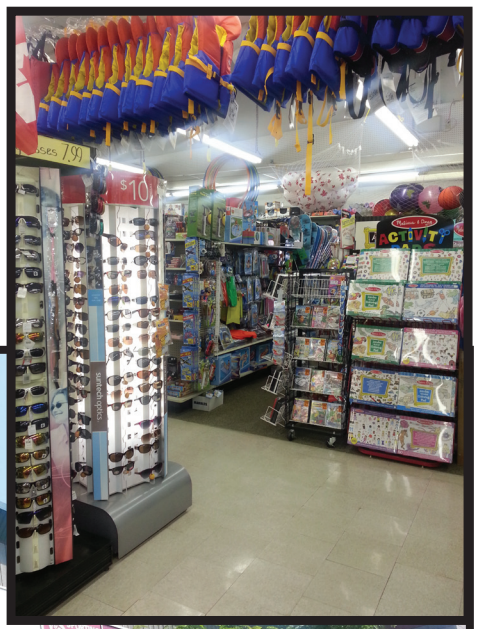
The store, located in Stedman's Plaza on 187 Highlands Street in Haliburton, is built on several well-stocked departments. If you are looking for toys, mens', ladies' or childrens' wear, bedding and house wares, shoes, stationary, yarn, sewing notions, seasonal sporting goods, patio furniture and accessories, candy, crafts, electronics, DVDs, jewelry or watches, you'll find reasonably-priced, quality goods here.

"If we don't have it, ask us. We'll get it," Andy says.

One challenge he and his team meet head-on, year round is keeping the store "fresh."

"We're always trying to showcase new things to make it an interesting experience for our repeat customers," he said. "We want them to know that each visit won't be the same as last time. The store is constantly changing…"

Part of that commitment is keeping up with the general and seasonal trends. This includes events like the Paderno World-Cuisine Factory Sale promotion. It also means, come summer, his V & S stocks heavily for those who are looking to have fun on the water and at the cottage. Add to that sidewalk sales, discount Mondays for seniors and the store's strong support of community events and you'll start to see why V&S has been part of Haliburton life for more than 40 years.



"It's not easy," Andy says. "This is a competitive business. We need customer support to remain viable. I often hear customers say 'I looked all over and finally found it here. I encourage them to look here first…"

V & S stands for value and service, by the way – something Andy and his team strive to deliver.

To contact the store call 705-457-2715 or email vandshal@sympatico.ca or check out their website at www.vandshaliburton.com.

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Covering your bass

Living Large

Humour by Steve Galea

Bass season is here and with that comes the annual routine of anglers working the shoreline – and especially docks – in search of lunkers.

Most people don't mind this, but there are a few who would rather not have anglers parked off their dock fishing for the bass underneath. There are others still, who have grown attached to the bass in the shady water below. Permit me to offer some assistance.

Here are the top 10 ways to protect the bass that live under your dock – without ever having to yell at the anglers in question.

1. A skimpy bikini: Someone wearing a skimpy bikini parading around the dock is practically angler repellent. The minute I see this I give that dock a wide berth. The reason is simple. If you fish too close you look like you are ogling and invading someone's personal space.

It's plain awkward and even worse when the person wearing the skimpy bikini is a woman. There's nothing like a woman in a skimpy bikini to make the easiest cast go several miles astray – perhaps through a cottage window or high up in a tree. Talk about embarrassing.

2. Mosquito breeding facility sign: Although I've never seen one. This is the one sign that most anglers I know would avoid.

3. Vegetation: Every angler knows that expensive lures are attracted to and frequently lost in vegetation. So, as a rule, anglers avoid docks overcrowded with vegetation like the plague. One potted plant – a geranium even – is enough to empty out the contents of most tackle boxes.

4. Billy The Bass-tard: On opening day, and every Saturday thereafter for the entire season get out on your dock and utter sarcastic phrases like, "I've seen better casts in the Little Theatre version of Les Miz" or "My daughter has better hooksets than that – and she's three!"

5. Train a band of rock bass: Start early in the spring and feed them on a regular basis so that they patrol between your dock and where anglers generally set up. Eventually, the anglers in question will get sick of catching them.

6. Be overly friendly or inquisitive: Get out there and engage the fishermen in conversation, not letting them get a word in edgewise. Ask hundreds of questions and make observations such as "You two make such a cute couple."

7. Scarecrows: Anyone who's crazy enough to put scarecrows on the dock is someone whose dock I want to avoid.

8. A sign that says, "Ask me about Amway!" Enough said.

9. Karaoke sing-along: Have a karaoke machine on the dock filled with 1970s Englebert Humperdink hit(s) and start it up every time a bass boat eases nearby. Then, invited them to join in on the fun.

10. Fake heads on pikes: It's a bit extreme of course, but it puts out a message that says we have plenty of northern pike here. There's nothing bass anglers hate more.

Of course, the other option is to not worry about it. A few casts and they'll be gone.

Back to exercise basics

Step of Grace
Conditioning Clinic

After you have chosen your activity and insured you have the equipment you need to participate safely, you are ready to go! Dive in, full speed ahead – yes? No.

One of the biggest mistakes people make when they are starting something new, or returning after a long break, or injury – is too much too soon. You need to ease in, pace yourself don't overdo it! You will regret it the next day and the day after that, (remember the DOMS – delayed onset muscle soreness), or worse you will injure yourself.

So let's start at the very beginning again: warm up, warm up and warm up. I don't mean old school static stretching of cold muscles for a few minutes then off you go. Depending on the time of day and the impending activity, warm up will be five to 10 minutes of large dynamic movements gradually increasing in intensity. If your activity is of high intensity like skate skiing or running you need to gradually bring your heart rate up closer to the level of your activity. The purpose is to do just that warm up the body, get the blood flowing to the muscles, lubricate the joints with fluid – synovial fluid, our body's oil, and increase your heart rate and breathing gradually. It will improve your performance or at the very least your experience and reduce the chances of injury. So what about the good ol' days of static stretching?

The technical line of thought is that when you stretch a muscle it is temporarily in a weakened state. The reality is that your muscles have to be warm to stretch to begin with so it follows that stretching certainly can't serve as a warm up. For the most part static stretching is for after an activity; which brings us to the cool down. The cool down does the opposite; it gradually allows your heart rate to return to normal, helps prevent fainting or dizziness, also improves recovery and reduces muscle soreness. Often five to 10 minutes of low intensity activity is sufficient.

If you have been following these weekly morsels of exercise ingredients you are well on your way to a healthy lifestyle, but wait! We are not finished yet! Exercise is GREAT but you need the right food to fuel the exercise machine that you are becoming! Stay tuned for the grand finale. P.S. Chocolate IS a food group. Step of Grace has outgrown its current location and is moving to Halco Plaza beside Gord Kidd's. New location and new number 705-854-0992.

Jane Grieves and Heather Seabrooke are co-owners of Step of Grace Conditioning Clinic in Haliburton 705-754-5428. They specialize in safe and effective exercise programs – small groups and private classes geared towards 50+ age group.

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UPCOMING COMMUNITY EVENTS

FRIDAY, JUNE 4

Art Gallery of Bancroft: Shelley Beach "Sanctuary"
Opening Reception
When: July 4, 7:30 p.m., show runs from July 2 to 22.
Where: Art Gallery of Bancroft, 10 Flint Avenue, Bancroft

6th Annual 100.9 Canoe FM Radiothon
When: July 4 and 5 (lawn party)
Visit us at Canoefm.com and MadeinHaliburton.ca to view 5 auction packages, including "Canoeists' Paradise" by David Alexander Risk.

SATURDAY, JULY 5

Rain Barrel Sale
When: Saturday, July 5, 9 a.m. – 12 p.m.
Where: 12750 Hwy. 35, Minden
The Friends of Ecological & Environmental Learning are selling rain barrels for $60 each (tax included) with proceeds going towards the 10th Annual Haliburton-Muskoka-Kawartha Children's Water Festival.

Strawberry Social - Salad Supper at Maple Lake United Church
When: Saturday, July 5, two sittings - 5:00 p.m. and 6:30 p.m.
Where: Maple Lake United Church, located at the corner of Hwy. 118 and Airport Road
Tickets available at the door. Reservations are recommended. Contact Beverly Upton - 705-286-2130 or Shirley Johnston 705-457-0068

Moore Lake Property Owners' Association Annual General Meeting
When: Saturday July 5, 9:30 a.m. registration, meeting starts at 10 a.m.
Where: Summerkiss Restaurant

Jazz at the Museum: Red Hot Ramble
When: Saturday, July 5, 7:30 p.m.
Where: Haliburton Museum
$25 tickets – buy at Canoe FM, Organic Times or at the Museum

Katie's Run for Epilepsy - 2.5K and 10K
When: Saturday, July 5 at 9:30 a.m. (10 km), 10 a.m. (2.5 km)
Where: Sir Sam's Ski and Bike, Haliburton
Walk or run for epilepsy! Katie's Run is a scenic 10-kilometre run and 2.5-kilometre family walk/run at the beautiful Sir Sam's Ski and Bike in Haliburton. Chip timing, medals for top finishers, T-shirts for all volunteers and participants, certified athletic therapist on site! Enjoy a unique cross country run or walk under a canopy of trees, with beautiful views from the top of the ski hill overlooking Eagle Lake. A great family event www.katiesrun.ca
Contact: 705-448-2709, info@katiesrun.ca

Introductory Beekeeping Workshop with instructor Ron Lofthouse
When: July 5, 10 a.m. to 4 p.m.
Where: The Art Hive, 10239 Hwy. 118, Algonquin Highlands
Ages: 12 years to adult: What a wonderful way to explore nature – keeping bees! These social insects pollinate plants and gather nectar. In this one-day workshop, the instructor will cover subjects such as apiary management, bee nutrition, candle making, and world conditions. An observation hive secured by Plexiglas will be brought in, as well as samples of apiary tools and products. Max: 14 participants. Cost: $85.
Contact: The Art Hive at 705-754-0021, thearthive@live.ca

DSLR Photography Workshop
When: July 5-6, 9am-5p.m.
Where: Red Umbrella Road near Carnarvon
This is a 2-day workshop on learning to take better pictures with your DSLR camera. Contact: glenn@photography.to or http://photography.to/workshops.htm

SUNDAY, JULY 6

Highlands Summer Festival – "Back in '59"
When: Three performances only July 6 (matinee), 7, 8
Where: Northern Lights Performing Arts Pavilion, Haliburton
Live Theatre Performance - Back in '59. Conceived by Thom Currie
It's the Summer of 1973 and four old friends have snuck away from their 10th high school reunion and broken into their old hangout. As they contemplate their lives and the future, the four look back upon their high school years and remember the music of their youth. What follows is a rollicking non-stop journey through over seventy top-ten hits from 1959 through 1963. Contact: For tickets, visit www.highlandssummerfestival.on.ca Or call 705.457.9933 or 888.457.9933. All shows are $29.50 per person.

MONDAY, JULY 7

Monarch Bible Day Camp
When: July 7 to 11, 9 a.m. to 4 p.m., only $100 includes lunch and tuck
Where: West Guilford Baptist Church, 1063 Nila Rd.
A fun-filled daytime program for children ages six to 12. Skills training includes archery, mountain biking, cub cars, canoes, crafts, kayaks, drama and trampoline. Contact: Monarch Bible Camp, 705-887-3625, www.monarchbible-camp.ca

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TUESDAY, JULY 8

Water Camp
When: July 8 to 10 from 9 a.m.- to 4 p.m.
Where: Haliburton RPM front lawn
Day camp for youth age 10 to 14. Registration forms and details are available at www.youthunlimitedkaw.com/haliburtonhighlands
Contact: Dana McMahon at 705-854-1043

WEDNESDAY, JULY 9

Haliburton Highlands Quilt Guild Meeting
When: Wednesday July 9 at 1 p.m.
Where: Stanhope Community Centre
Presenter – Martha Schillingerhoud from Region of York Quilters Guild.

Highlands Summer Festival – Great Expectations
When: July 9 to 11
Where: Northern Lights Performing Arts Pavilion, Haliburton
Live Theatre Performance - Great Expectations, adapted by Robert Johanson from the novel by Charles Dickens. A story of pride and ambition blinding a soul to the true values of life, Great Expectations follows the life of the orphan, Pip. Young Pip's life is shaped by an act of kindness, which raises him from poverty to wealth. One of the greatest works of classic literature, a timeless tale of love, hope and humanity from perhaps one of the greatest novelists of all time. All shows are $29.50 per person.
Contact: For tickets visit www.highlandssummerfestival.on.ca or call 705-457-9933 or 888-457-9933

Kids Mountain Bike Camp
When: July 9 to 11
Where: Sir Sam's Ski and Bike, Eagle Lake
Kids ages eight to 13 will learn bike skills, trail etiquette and bike repair over the three day camp. Contact: 705-754-2298, www.sirsams.com

Haliburton School of The Arts Art Talk (free)
When: Wednesday, July 9 from 4:45 to 6 p.m.
Where: Haliburton School of The Arts – Fleming College Great Hall
Adventure Photography – Exploring the World through His Lens: Join photographer Rob Stimpson for a light-hearted look at some of his travels while on assignment.
Contact: 1-866-353-6464 ext. 3 or 705-457-1680 createit@hsta.ca

Make It Minden - Float Your Hull Down The Gull
When: July 9 at 6 p.m.
Where: Meet at Rotary Park, Minden
Bring an inflatable, family and friends. Enjoy a leisure float down the Gull River together.
Contact: Lynda Litwin 705-286-2911 ext 235

SOCHI 2014

Bring it Home Matt
Sunday, July 6th, 2014

12:00 p.m.—Head Lake Park—Haliburton— Free

Come out to celebrate the Olympic Gold Medal coming Home to Haliburton with Matt Duchene!

Parade, Autographs, Music by the MacLay Experience at Head Lake Park in the afternoon followed by a Banquet at the Pinestone where attendees will hear first hand about the Sochi Olympic Experience. Proceeds from the dinner will support local youth programming through local agencies.

Have a community event you would like to share?
Send your event listing to zach@haliburtonpress.com
Include event name, location, contact, date and time.

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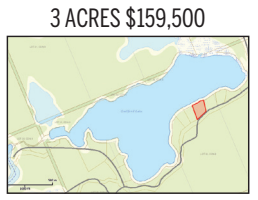

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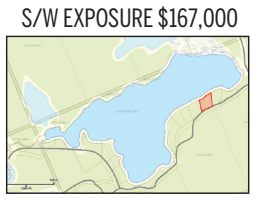

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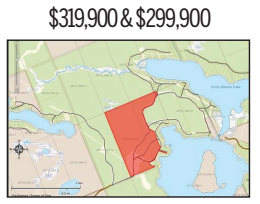
PERCY LAKE
BCABIN. 100' FRTG $219,900.



GOODERHAM AREA
135 ACRE FOREST $125,000.

DRAG RIVER
420 FT/4 ACRES $86,000

BUILDING LOTS

GLEBE ROAD
PRESTIGIOUS AREA **$83,400**

SALERNO LK RD
2.4 ACRES **$25,500**

ANGEL ROAD
1.76 AC SKI AREA **$32,500**

TRAPPERS TRAIL
BUILDING LOT **$8.750**

IRONDALE RIVER LOT
6.5 ACRES $39,900

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Make Minden

2014 Summer Free Family Events in Minden

Programs start at 6:00 p.m.

Wednesday, July 9 - Float Your Hull Down The Gull

6:00 P.M. gather at the Rotary Park in Minden with your floatation device of choice. We get into the river and float to the municipal dock downtown. Enjoy a leisure float down the river with friends and family.

Upcoming Events

Wed. July 16 – Kayak on the Gull River – Meet at the Post Office dock

Thurs. July 17 – Haliburton Time Travelers at Kawartha Dairy

Wed. July 23 - Family Fun Farm Obstacle Course at Minden Mercantile

Wed. July 30 –Minden Merchant Sidewalk Sale

Thurs. July 31 - Haliburton Time Travelers at Kawartha Dairy

Wed. August 6 – Prepare for Festival of the August Moon at Wild Swan B&B on the front yard. *Volunteers needed.*

Tues. August 12 – Meet the Minden Fire Fighters, EMS and OPP

Thurs. August 17 - Haliburton Time Travelers at Kawartha Dairy

Wed. August 20 – Minden Merchant Sidewalk Sale

Wed. August 27 – Camp Out Downtown Girl Guide Program in the Village Green

Thurs. August 28 - Haliburton Time Travelers at Kawartha Dairy

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